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Your essential daily news | WEEKEND, JULY 8-10, 2016

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JUST JOUST

Go medieval this weekend — or try one of these other fun activities
metroNEWS



Kickback controversy

OTTAWA HOSPITAL

Companies accused of scheme deny wrongdoing



Haley Ritchie
Metro | Ottawa

Two more companies accused of being involved in a kickback scheme to fix contracts at the Ottawa Hospital have fired back.

Federal Electric Ltd., owned by Larry St. Pierre, and Pro Management Construction Inc., owned by Roch St-Louis, both filed documents in court this week claiming the hospital's accusations don't apply to them.

The hospital is alleging that two of its former directors paid inflated prices to certain contractors, gave them insider information on upcoming projects and helped rig bids in their favour in exchange for luxury fishing vacations, classic cars and home renovations.

The two former employees named in the civil suit are Frank Medwenitsch, who was the hospital's director of planning and capital projects, and Brock Marshall, who was the director of engineering and operations.

None of the accusations have been proven in court.

The defense filed by Pro Management Construction Inc. denies the hospital's accusations, while the defense filed by

Federal Electric notes that the company did occasionally receive draft copies of procurement documents, but it said they never helped the company.

The hospital accused Medwenitsch of accepting luxury trips in exchange for insider info on work contracts — including a stay at St. Pierre's cottage and a lavish British Columbia fishing excursion that included spouses and a stop in California.

Federal Electric's statement of defense admits that it hosted Medwenitsch "as part of business development activities customary to the industry" but that it was Medwenitsch's responsibility to follow disclosure policy. The company denies any wrongdoing.

The original lawsuit also alleges that Federal Electric agreed to employ Medwenitsch's daughter, Katrina Haucke, in exchange for inflated hospital contracts. Federal Electric said that while Haucke was hired and paid, she was a "bona fide" employee and her wages weren't connected to the hospital.

Federal Electric is currently working as a subcontractor on the \$135-million expansion project at the University of Ottawa Heart Institute.

In June, Medwenitsch submitted his own statement of defence, also claiming his innocence.

Medwenitsch resigned in October. Marshall took an early retirement package last February and stopped working in April, according to the hospital's statement of claim, although he continued to receive a salary until August.



Getting to know Jupiter to the core (thanks, Juno) metroSCIENCE



When life gives you lemons, get a permit

RULES

Sisters will resume selling lemonade this weekend



Haley Ritchie
Metro | Ottawa

If your kids want to run a lemonade stand on NCC property, you better make sure signage is displayed in both official languages with equal prominence. Please also instruct your customers to park bikes on the grass to prevent injuries and keep your lemonade stand permit on you at all times.

Those are just some of the regulations included in the Special Permit awarded to seven-year-old Eliza Andrews and her five-year-old sister Adela to allow them to sell lemonade this Sunday along Colonel By Drive.

Despite the strict stipulations, the girl's father Kurtis Andrews said it "was like they'd just opened up something at Christmas" when the two received the news that permission had been granted.

"They're still super excited," said Andrews. "When I told them they got their permit they were



Sisters Adela and Eliza Andrews pose with their lemonade stand. The National Capital Commission shut down the stand Sunday for not having a permit. DAVE CHAN/TORSTAR NEWS SERVICE

like, 'Yay we got our permit! We got our permit!'"

Andrews said the girls attend French school, so they're having no trouble translating "lemonade" to "limonade" on their signs.

Earlier in the week, the National Capital Commission apologized after shutting down their lemonade stand for not having documentation. Andrews said

he built his daughters the stand after making a deal with them about working to pay for part of an expensive summer camp.

Andrews said the money raising wasn't out of financial necessity, but to teach the girls about working towards their goals.

Since the NCC is waiving the permit fee, the lemonade stand will raise money to be donated

towards Camp Quality, a summer camp for kids with cancer.

"We're pleased the NCC stepped up and got it done as quickly as they could. At the same time they've indicated they want to encourage this kind of thing. That's a great goal, but if they're going to follow through on that they need to make this less complicated," he said.

City's 50-year plans

The National Capital Commission has released its 50-year plan for the capital region, including 17 "milestone projects" to complete before Canada's 200th birthday in 2067. Canadians submitted more than 1,200 ideas of their own earlier this year. Here's what the NCC made of your ideas. EMMA JACKSON/METRO

THE FUN



People asked for: Ferris wheels, theme parks, planetariums and aquariums.

People got: Well, none of that, really. Sorry.

People asked for: Better canoe and kayak access to the Ottawa River.

People got: Just that! The NCC wants to add boat and pedestrian access along the southern shoreline as well as at Jacques Cartier Park in Gatineau.



THE FUNCTIONAL



People asked for: Separate cycling and pedestrian paths along the River.

People got: Segregated paths! It's in the plans as part of the Sir John A. Macdonald park overhaul.

THE FUNDAMENTAL

People asked for: New monuments for everything from hockey to the royal family, and maybe a giant time capsule tower of Canada's history, too.

People got: Plans for a Charter of Rights and Freedoms monument, seven commemoration "nodes" in the core and a renewed Confederation Square.

People asked for: An indigenous embassy and a recognition of sacred Algonquin lands at the Chaudière falls.

People got: An indigenous welcome centre on Victoria Island, and plans to include Algonquin history and culture in the Chaudière parklands.



MUNICIPAL MATTERS

Sign shops struggle under dated bylaw



Lucy Scholey
Metro | Ottawa

A family-owned local sign shop has all but unplugged from the digital market, citing the city's strict rules on lit-up displays.

Rima Soueiti, the owner of SGA Signs Gifts Awards in Bells Corners and on St-Laurent Boulevard, says there's an increase in demand for bright, blinking ads. But she finds herself inadvertently turning away customers.

Currently, business owners are free to hang digital signs inside their windows because it's unregulated. But the rules get complicated when it comes

to placing a blinking advertisement outside a building. Soueiti says this deters her digital customers — mostly restaurant owners — seeking a splashy, attention-grabbing edge over their competition.

"People are finding it's not worth it just to put (digital signs) inside," she says. "They always come and ask for outside, but we tell them they have to go and check the bylaw ... and they never come back."

The city is looking at scrapping its 2005 permanent sign bylaw and replacing it with one that's more up-to-date with new technologies.

Under a new bylaw going before the planning committee Tuesday, digital signs would be



Bassil Soueiti, general manager of SGA Signs Gifts Awards. LUCY SCHOLEY/METRO

allowed in front of schools, libraries, places of worship and community centres on arterial or major collector roads, albeit with size restrictions. The proposed bylaw also includes new

rules on lit-up billboards, digital menu boards and electronic fuel pumps.

A major concern cited in a staff report is that digital signs are too distracting for drivers.

Stacy Shacter, the owner of Signarama on Lancaster Road, says selling any old sign is tough in Ottawa, let alone a digital one.

"I think every city has their struggles, but I think Ottawa is behind the times," he says.

Meanwhile, Soueiti has cut her digital products from 30 per cent down to 10 per cent over the years. She still has a blinking sign hanging in the window of her shop, advertising LED signs. But three of those signs sit on the floor in her shop, unplugged.

5

1 Osgoode Medieval Festival

Hear ye! Hear ye! Experience the middle ages this weekend in Osgoode – there will be knights, jousting, wagon rides, birds of prey and lots of entertainment. Kingdom gates open from 9:30 a.m. to 5 p.m. on Saturday and Sunday. Admission is \$10 for adults and \$6 for kids.

THINGS TO DO IN OTTAWA THIS WEEKEND

Jousting, motorcycles and a painted 5K — lots of colourful things to do this weekend in the capital.



Haley Ritchie
Metro | Ottawa



2 The Color Run



Ottawa's Color Run (the company is American) takes place in the capital this weekend. For the uninitiated the event is a 5K fun run. There's no times or pressure, but runners wearing white are doused in brightly coloured powder along the track – making for colourful souvenirs at the end of the race and fun photos. Individual registration is \$45 and the race begins 11 a.m. on Saturday at the Rideau Carleton Raceway.



3 Vintage Motorcycle Rally

The 12th Annual Vintage Motorcycle Rally is taking place this Saturday in Oxford Mills, an hour's drive from downtown Ottawa. Admission is \$5 with children under 12 admitted free and proceeds going to Camp Quality for children with cancer. Residents with motorcycles older than 15 years are invited to display and everyone else is invited to admire them. Refreshments and food will be available on site.

4 Glebe art in the garden

Art and gardening come together this weekend in the Glebe. From 10 a.m. to 4 p.m. on both Saturday and Sunday 19 artists will be exhibiting and selling artwork in 11 different gardens in the Glebe. Admission is free and maps are available at Glebe shops, the Glebe Community Centre and online glebearttour.ca.



5 Summer Japanese Festival

Hosted by the Ottawa chapter of the Japan Exchange and Teaching Programme Alumni Association the 12th annual Summer Festival. There will be fun for the whole family – featuring traditional Japanese dances, martial arts, traditional teas and food. Head to Marion Dewar Plaza outside City Hall from 10 a.m. to 4 p.m. on Sunday.



PUBLIC SPACE

Park movie night to focus on positives

Lawson Park in Overbrook is considered a gem by people in the neighbourhood surrounding the green space. It has a baseball diamond, an open field, and most recently, a splash pad anyone young at heart can run through.

It was February of this year that a fatal stabbing turned the neighbourhood park into a police scene and since then, residents and neighbourhood organizations have been working hard to turn the negative into a positive.

On July 15 the park will

host its first community event.

Three organizations – the Rideau-Rockcliffe Community Resource Centre, the Ottawa Boys and Girls Club and Ottawa Community Housing – have pooled resources to throw the party. The free event is funded through the city's community development framework initiative.

By offering a barbecue and movie in the park, Rideau-Rockcliffe Community Resource Centre's community development co-ordinator

Mehdi Louzouaz said the event aims to bring everyone together.

"The community was looking to do something with the park in a positive way," Louzouaz said.

After the murder and following arrest in the neighbourhood, Louzouaz said staff from the resource centre and neighbourhood partners began knocking on doors to talk to residents. He said many of them found issue with the park, its limited lighting and late-night use.

+ JULY 15 EVENT

The evening begins at 4 p.m. with the barbecue, and the movie *Minions*, which will begin around 8 p.m., or when it begins to get dark, Louzouaz said.

Louzouaz said no one asked for a specific type of event, but wanted to do something that resulted in them taking back their space. MICHELLE NASH
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ALCOHOL

Behind the mash with Don Harms

THE BOTTLENECK

Jordan Duff



Because the craft beer boom is a relatively recent phenomenon, often the assumption is that most brewers are self-taught — normally through home brewing — and that they left their old jobs to work in brewing. But there are career brewers working in Ottawa. Case in point: Kichesippi Beer Co's veteran brewer Don Harms.

To set the stage, we need to venture to a time before the local craft beer explosion: the 1980s. It was here, in a Calgary bar, that a dashing young Don had his first experience with a German-style beer. He was so enamored with the flavourful European brew that he announced to his sister that he was going to learn to make that kind of beer. Clearly a man of action, he contacted a brewery in Bavaria and, within a few months, was apprenticing in Germany.

Don became fully immersed and educated in all aspects of the brewing of beer and had developed a passion for all the breweries of the upper Bavaria region. Eventually, he and his wife ended up in Ottawa. A chance encounter with Kichesippi's owner Paul Meek resulted in the two striking up a great relationship and Don becoming a brewmaster.

Because Don has been in the industry 28 years, it's fun to pick his brain on how things have changed and ponder how things might change in the world of beer. Here at home, Don notes, there is still room for new breweries to eat into the market share that is dominated by the large-scale breweries. That said, he doubts the number of new breweries will continue to grow so quickly.

In the 613, there will be a maturation of certain brands of beer but the exploration of new flavours and styles will continue. As for Kichesippi: "We will continue to grow with consistent, true-to-style beers, and I plan on retiring right here."

For those who want to sample Don's wheat beer specialty, Kichesippi Hefeweizen is currently available at the brewery.

ONLINE

For more local hop-penings, go to metronews.ca

Artsy bottles a challenge

BEER

Different provincial labelling laws mean tweaks

Lucy Scholey
Metro | Ottawa

Beau's All Natural Brewing is bubbling over to other Canadian markets this year.

But as the Vankleek Hill, Ont., company jumps through different interprovincial hoops to sell craft beer beyond Ontario and Quebec, it faces another challenge — tailoring the iconic

Beau's labels to each province.

Each province has different laws on selling suds-from-away, including varying labeling requirements. Some provinces are particular with the size of the word "beer" and the placing of the words "certified organic." The meaning of strong and light beer can also differ across borders. And then there are Quebec's French language laws.

Despite this, Steve Beauchesne, Beau's co-founder and CEO, said the company is doing its best to make each label look the same.

Because apart from its brews and annual Oktoberfest parties, Beau's is known for its artsy bottles.

"It's not just the liquid. It's everything that goes into it,

including the package," said Beauchesne.

Some people say they like the artwork before the beer or the beer before the artwork, said Beauchesne.

"To me, that means we're doing something right."

The company's five-person design team is responsible for the eclectic bottles that include whimsical animals — a cat walking a dog, whales riding bikes, a hip-hop fox — and Tom Green's face alike. Creative director Jordan Bamforth, the guy behind the original Beau's tractor, has been on the team since day one.

Beauchesne has had beer label enthusiasts from as far away as Poland, the Czech Republic and Belgium call him asking for rare labels from specialty brews.

But the labeling tweaks should not be too burdensome for the company. Beauchesne said Ontario has the strictest labeling laws, and Quebec has the tightest interprovincial

regulations.

Last year, Beau's sold five million litres of beer, which was 35 per cent more than the previous year, said Beauchesne. The company has seen more than 500 per cent revenue growth over the past five years.

Beau's has been working on its cross-country expansion plan since last November.

The company is starting in New Brunswick and Prince Edward Island this week, and then expanding to Manitoba. Beauchesne says they're hoping to then start distributing in British Columbia and Alberta, and then Nova Scotia by the end of the year.

Several of the company's 50 rotating brews will be available in a mix of private and public stores, depending on the province.

Beau's is among the few independent Canadian craft breweries to go national, including Toronto's Steam Whistle and Montreal-based McAuslan.



It's not just the liquid. It's everything that goes into it, including the package.

Steve Beauchesne



The new coverage extends from when the app is turned on to when passengers exit the vehicle. RYAN REMIOWZ / THE CANADIAN PRESS

Uber gets insured

RIDESHARING

Two provinces now have coverage for drivers

Uber drivers in two Canadian provinces are now insured, as Ontario joins Alberta in approving coverage that extends from when the app is turned on to when passengers exit the vehicle.

Ontario's insurance regulator announced Thursday that it has approved a policy from Intact Financial Corp. for private vehicles transporting paying passengers through the ridesharing service.

Last week, Intact began offering coverage for Uber drivers in Alberta and both companies are working with Quebec to get similar insurance in place.

The Financial Services Commission of Ontario said the "blanket fleet coverage" addresses a "critical insurance gap" for the industry.

CEO Brian Mills said in a bul-

letin posted to the regulator's website that he anticipates new insurance policies that build on what has been approved for Intact will be filed in the future.

Uber operates in more than 40 municipalities in Ontario, including the Greater Toronto Area, Hamilton, London, Windsor, St. Catharines, Kitchener and Kingston.

The new policy covers all Uber drivers, passengers and vehicle owners when Uber is in use, and when the app is off the vehicle owner's personal auto insurance policy applies.

The Ontario government approved a regulatory change under the Insurance Act to allow insurance companies to develop commercial fleet insurance policies for ridesharing companies.

The Intact policy provides coverage that includes statutory accident benefits, uninsured motorist coverage and third-party liability of up to \$1 million while the app is in use but no ride has been accepted and \$2 million after a ride has been accepted.

THE CANADIAN PRESS

LABOUR

Correctional officers to get 4.4% raise

Correctional officers in Ontario will be getting 4.4-per-cent raises next year, after an arbitrator ruled their salaries had fallen behind those of their federal counterparts and police officers.

The Liberal government agreed in a three-year deal reached in January with 6,000 correctional and probation/parole officers to an across-the-board raise of 1.4 per cent in 2017. As well, it agreed to a 1.4-per-cent lump sum payment for 2016, the

second year of the deal.

Remaining wage issues went to an arbitrator, who awarded an additional "special wage adjustment" of 3 per cent for correctional officers and 2 per cent for probation officers, effective Jan. 1, 2017.

The government said in January the deal, reached just hours before workers were set to strike, was "net zero," meaning the 1.4-per-cent increase in the third year of the deal was offset by

savings elsewhere. It argued in arbitration that there should be special wage adjustments, but says now that even with the 2- and 3-per-cent increases the deal as a whole is still cost neutral.

The Liberals pledged to eliminate the deficit by 2017-18 and to help reach that goal it said public sector contracts would be cost neutral. The Ontario Public Service Employees Union argued in arbitration that the salaries had fallen behind those in compar-

able jobs and employees were entitled to a "catch-up adjustment." In 2014, correctional officers were making \$68,124, compared to \$74,936 for their federal counterparts and \$90,621 for a first-class constable with the Ontario Provincial Police.

Arbitrator Kevin Burkett agreed, but said the increase should be slow, and also ruled that there should be a freeze for 2016 and 2017 on employees moving up the pay grid. THE CANADIAN PRESS

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IN BRIEF

Yoga teacher faces new sex assault charges

Ottawa police have laid additional charges against a local yoga teacher accused of sexual assault.

Police announced in May that Matthew Harper, 38, was charged with three counts of sexual assault.

On Thursday, police laid two new counts of sexual assault after more complain-

ants came forward. Police said they investigated incidents between Feb. 1, 2015 and Oct. 18, 2015.

Harper was scheduled to appear in court Thursday.

Investigators are concerned there could be more victims. Anyone with information can call Ottawa Police's sexual assault section at 613-236-1222, ext. 5944.

JOE LOFARO/METRO

POLITICS

Electoral reform won't be easy: Election chief

The Liberals' proposal to overhaul Canada's electoral system just got more complicated.

Outgoing Chief Electoral Officer Marc Mayrand told MPs Thursday a new voting system may require a long and difficult process to redraw Canada's 338 electoral districts.

Mayrand said it's still possible, if the government moves quickly, to put in place a new system for 2019 — but it's not so simple as placing a new process over the existing ridings.

"Even looking at a streamlined process to simply aggregate the current ridings, you will have pockets where aggregation will not necessarily be the best way to go. You may find, among other things, a community of interest could be linguistic. Or you may suddenly, through aggregation, completely dilute a community of interest."

Part of the problem is that Elections Canada doesn't know what kind of system will be ultimately proposed.

The electoral reform committee is meeting throughout the summer to come up with a recommendation for Democratic Institutions Minister Maryam Monsef. The Liberal cabinet,

+ DETAILS

While the Liberals have not endorsed any system, the NDP is pushing for a form of proportional representation, which they argue would reflect the popular vote.

The Conservatives are generally thought to support the current first-past-the-post system, and say Canada's 149-year-old voting system shouldn't be substantially changed without a referendum.

Mayrand told MPs that Elections Canada estimates a referendum would cost around \$300 million.

however, will ultimately decide on legislation.

Mayrand, who is stepping down later this year, said many things are possible — but repeatedly noted the clock is ticking. Elections Canada has worked on a number of contingency plans, but requires a new system approved no later than May 2017.

TORSTAR NEWS SERVICE

IN BRIEF

24 Sussex to get makeover

Rather than taking a giant wrecking ball to the prime minister's official residence, the National Capital Commission is making clear it wants to give the building a facelift. Debate over what to do about deficiencies at 24 Sussex Drive has been swirling since last October when it was announced that Prime Minister Justin Trudeau and his family would not be moving into the home.

THE CANADIAN PRESS

Stay clear of whale: Rescuer

A whale rescuer is urging boaters in Newfoundland to steer clear and call it in if they see a humpback dragging fishing gear. Wayne Ledwell says the whale was last reported Tuesday night off Bonavista Bay in Newfoundland pulling a fisherman's buoy. The orange balloon was about 100 metres behind the whale, which is believed to be dragging a long rope and other gear.

THE CANADIAN PRESS



Defence Minister Harjit Sajjan and two-year-old Sophia Popalayar during a visit to Parliament Hill on Thursday. CONTRIBUTED



Toddler's political tantrum gets results

PARLIAMENT

Sophia's tearful demand to meet Harjit Sajjan was granted

A two-year-old girl's tearful plea on Canada Day has turned into a dream come true.

Sophia Popalayar got her wish Thursday, touring Parliament Hill with Defence Minister Harjit Sajjan and even sitting in the Speaker's chair in the House of Commons.

The visit was the result of a Twitter courtship over the last week between the toddler, who has a knack for recalling

the names of federal Liberal cabinet ministers, and Sajjan, a key minister in Justin Trudeau's cabinet.

On July 1, Popalayar's father, Fawad, filmed his daughter in the family car as she heartbreakingly asked to go to the Canada Day festivities on Parliament Hill, regardless of the rainy weather.

In the clip, Sophia said she wanted to see the defence minister. The only problem was that Sajjan happened to be celebrating in his home province of B.C.

A short while later, Sajjan posted his own video addressed to Sophia, promising that his staff would arrange a meeting upon his return.

"I'm looking forward to meeting you because one of my goals

I met my new friend Sophia today. When she grows up, she wants to be prime minister. I bet she will.

Defence Minister Harjit Sajjan

is to meet with future leaders of Canada," he said.

The minister met Sophia, who was accompanied by her parents, in the rotunda, just inside from the House of Commons' main entrance. Hunkering down to the young girl's eye-level the two talked about how the historic building would be just the place for a game of tag or hide and seek, said Sajjan's spokesman, Jordan Owens.

They toured the Senate, the Library of Parliament and the Commons, where Sophia sat in

the Speaker's chair.

"(The minister) asked her what she wanted to be when she grew up and she said 'Justin Trudeau,'" Owens said. "The minister told her that Justin Trudeau wants her to be prime minister."

Sajjan posted a picture on Twitter of the two of them walking hand in hand through Parliament Hill's Centre Block.

"I met my new friend Sophia today," Sajjan wrote. "When she grows up, she wants to be prime minister. I bet she will."

TORSTAR NEWS SERVICE

WEDDING INVITATIONS

Brides all tied up in knots over a looming Canada Post strike

For some brides and grooms, the beautifully embossed invitation, carefully addressed by hand and delivered by mail, is a tradition worth preserving.

But now they are worried Canada Post's threat it will lock out 50,000 workers Monday — pushed back from an original deadline of Friday — could trap all those invitations and accompanying tiny RSVP envelopes in the post office.

Yvonne Post, 34, wanted to send out formal invitations because so many items that arrive in the mailbox are junk.

"It's always so nice when you get an invitation to something, especially celebrating a wedding," she said. "I guess it's old-school, but it was important to us."

So now Post and her fiancé Todd Rieck, 32, are looking at personally handing out their invitations for their September wedding.

"Luckily my shower is on Saturday, so I'm going to bring them to hand out in person," she said. "It's not ideal, but it's an opportunity where I can see everybody."

Her fiancé will probably de-



liver some at his bachelor party

Labour Minister MaryAnn Mihychuk has urged Canada Post and its union to consider binding arbitration to reach a contract. Canada Post says it's willing, but the Canadian Union of Postal Workers, which represents 50,000 employees in two units, has flatly rejected it.



Olivia Purchase and Kenny Mair. CONTRIBUTED

The union has filed a complaint of unfair labour practice to the Canada Industrial Relations Board, accusing Canada Post of failing to negotiate in good faith.

Fearing a disruption to mail service, Rita Freitas, 33, and Anthony Pagliaroli, 32, printed up extra inserts for their wedding invitations, asking guests to respond via email. Freitas said they still included the RSVP cards when the invitations were mailed, and a few people have mailed them back already. But because some of their guests live overseas, it's unclear whether the international invitations will get there before any stoppage.

Olivia Purchase, 29, and Kenny Mair, 31, who are also getting married in September, sent out their invitations in May, but gave

their guests until late July to respond. Purchase had only received a few responses by last week when she learned about the potential postal shutdown. That sent her straight to her computer to post on Facebook, reminding guests to send back their responses as soon as possible.

The couple has since received a flood of cards as well as emails and text messages. They are still waiting for responses from more than 60 people, many of whom live in Jamaica or the United States, who would not be aware of the dispute. TORSTAR NEWS SERVICE

Shot 'for no apparent reason'

ST. PAUL

Philando Castile just the latest black man killed by police

A woman who watched as a police officer fatally shot her boyfriend during a traffic stop streamed the gruesome aftermath of the slaying live on Facebook, telling a worldwide audience that her companion had been shot "for no apparent reason" while reaching for his wallet.

Within hours, the Minnesota governor was pressing for the Justice Department to open its second investigation of the week into the death of a black man at the hands of police.

The latest shooting happened late Wednesday in the St. Paul suburb of Falcon Heights, a community of 5,000 people that is also home to Minnesota's annual state fair and part of the massive University of Minnesota campus.

In the video, Diamond Reynolds describes being pulled over for a "busted tail light" and says her boyfriend had told the officer he was carrying a gun for which



Diamond Reynolds, the girlfriend of Philando Castile, weeps during a press conference at the Governor's Residence in St. Paul, Minn. on Thursday. Philando Castile was shot in a car Wednesday night by police in the St. Paul suburb of Falcon Heights. STAR TRIBUNE/THE ASSOCIATED PRESS

he was licensed.

As word of the shooting spread, relatives of the man joined scores of people who gathered at the scene and outside the hospital where he died. They identified him as Philando Castile of St. Paul, a well-liked 32-year-old cafeteria supervisor

at a Montessori school.

Reynolds said Thursday that he was killed even though he complied with the officer's instructions. She told reporters that Castile did "nothing but what the police officer asked of us, which was to put your hands in the air and get your license

and registration."

The governor stressed that not all facts are known but nonetheless called it a senseless death that was apparently fueled in some part by racism.

"Nobody should be shot and killed in Minnesota for a tail light being out of function,"

REACTION

President Barack Obama called on law enforcement to root out bias in its ranks and said all Americans should be troubled by frequent police shootings of blacks and Hispanics, insisting that fatal incidents in Minnesota and Louisiana are not isolated. Obama said the shootings were symptoms of a "broader set of racial disparities."



President Obama

he said. "Would this have happened if those passengers would have been white? I don't think it would have."

Dayton said the Minnesota Bureau of Criminal Apprehension had opened an investigation. The Justice Department said it planned to monitor the state probe and would provide assistance if needed.

Police did not release any details about the officer who fired.

THE ASSOCIATED PRESS

STATEMENT

Drake left 'scared' by killing

Drake has spoken out against the killing of Alton Sterling by police in Louisiana, saying it points to a larger problem.

The rapper posted on Instagram that he was "disheartened, emotional and truly scared" after hearing about the shooting.

The violence outside a Baton Rouge convenience store late Tuesday was captured in two amateur videos posted online, which quickly went viral. One of the videos directly shows a tussle between officers and Sterling before he is shot in the chest.

The "Hotline Bling" singer, whose father is from Memphis says he considers the U.S. his second home. He says he felt the need to say something after hearing about the incident.

Drake's response came before another black American, Philando Castile, was killed by police in Minnesota. THE CANADIAN PRESS



Drake
AFP/GETTY IMAGES

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SLIPPERY SWIMMERS

Researchers writing in the *Journal of Experimental Biology* have discovered that swordfish have an oil gland that lubricates their heads to reduce drag and allow them to shoot through the water, sword-first, at up to 100 km/h.

THE FIRST FUNERAL

A 12,000-year-old archaeological site in modern-day Israel has revealed the remnants of an ancient, fabulous funeral. The dead woman, probably a shaman, was buried with dozens of tortoise shells, a leopard pelvis, an eagle's wing, a human foot, a boar's arm and the chewed-over remains of what was presumably a farewell feast.

SOUND SMART



DEFINITION
Bioluminescence is a phenomenon in which living things (think jellyfish, glow worms and fireflies) produce and emit visible light.

USE IT IN A SENTENCE

Juanita's teeth are so blindingly bright that if I didn't know better, I would think she's capable of **bioluminescence**.

PHILOSOPHER CAT by Jason Logan



Philosopher cat now at
www.mymetrostore.ca

WHAT IS JUPITER, ANYWAY?

NASA calls it the 'biggest, baddest planet in the solar system.' Gigantic, gaseous, magnetic, ultra-radioactive **Jupiter** — 300 times more massive than Earth — is unknown to us in so many ways. But thanks to the **Juno mission spacecraft**, which entered the mammoth planet's orbit July 4, that's about to change.

VERY FAST FACTS

- NASA's Juno spacecraft is the fastest human-made object ever, with a peak speed of about **209,000 km/h**.



It's about **9 m** across at its widest point, including the solar panels that power its flight, and weighs **3,625 kg**.



- At its closest approach, it cruises **4,000 km** above Jupiter's clouds.
- Juno launched on **Aug. 5, 2011** and travelled **2,800,000,000 km** from Earth to arrive at Jupiter on **July 4, 2016**.
- Its electronic instruments are encased in a titanium box built to withstand the radiation equivalent of **100 million X-rays at once**.
- Total mission cost: **\$1.13B U.S.**

HOW JUNO WORKS

As the spacecraft flies around Jupiter, its orbit will wobble and it will change speeds a bit as it passes over regions with slight variations in gravity. These wobbles can be detected by radio antenna on Earth. If the planet has a rocky core, Juno is expected to speed up a bit on its path between the pole and the equator. The radio signals heard on earth will be higher-pitched. This is called the **Doppler Effect**.

THE (GAS) GIANT MYSTERY

Even if you could bear the cold (around -145 C at the surface), you couldn't walk on Jupiter. **It's made up of 99 per cent helium and hydrogen gas.**

What's the other one per cent? Nobody knows exactly, but Jupiter's insides are made of something very, very heavy. The outer core is thought to be **metallic hydrogen**: hydrogen gas under such tremendous pressure it starts to behave like a metal. The planet might also have an inner core: Maybe made of rock, maybe heavy metal, maybe something else. That's what Juno is trying to learn.

- Perfect orbit
- Orbit, messed up by Jupiter's gravity

GRAPHICS: ANDRÉS PLANA/METRO

CITIZEN SCIENTIST by Genna Buck

Is this the biggest 'oopsie' in science history?

What's this I hear about 20 years of brain research being ruined? — I.C., Toronto

I wouldn't say ruined. But yes, neuroscience is in a "Oh. Crap. No way. Really?" moment.

Here's why: In the past 20-odd years, functional magnetic resonance imaging (fMRI) has become a really popular tool for brain studies. It records blood flow to different parts of the brain — an indirect measure of brain activity. That information is then supposed to be accurately

analyzed by statistical software. But that's not what has been happening, says a new study of the most common MRI-analysis computer programs.

The research, in the journal *PNAS*, involved dummy experiments with 499 healthy people — experiments that should, reasonably, turn up no results. But up to 70 per cent of the time, the software flagged at least one statistically significant result: A change to participants' brain activity. A change, that, in all likelihood, wasn't really there.

The false-positive rate should be no more than 5 per cent.

That means there could be serious, even fatal, flaws in as many as 40,000 studies that used fMRI technology from the 1990s to May 2015, when this tarantula-sized software bug was patched. Yeah. Oops.

fMRI is so cool. It lets us easily see into living brains, in real time, for the first time. And it gave rise to headlines like, "This part of your brain lights up when you ___ (eat chocolate, read poetry, see a picture of your mom, etc).

These (often small) studies make enticing stories. I admit I've gotten carried away with them.

So carried away, in fact, that I (and many others) undervalued the importance of reproducibility. We should be cautious drawing grand conclusions from studies until other teams have been able to repeat the work. It's how scientists limit the impact of random errors and keep each other honest.

Science Question?
Tweet **@genna_buck**





Moonset at the RBC Bluesfest in Ottawa. STEVE GERCKE

JEN TRAPLIN

Since its inception in 1994, RBC Bluesfest has grown to become one of the hottest festivals in the nation's capital.

While its name may lead some to believe the festival is specific to one style of music, the organization's mandate states the objective of Bluesfest is to "support and sustain the growth of emerging and diverse musical genres, including the blues, world music, alternative, rock, jazz, funk, soul, rap, folk, urban, and other forms of music that develop from time to time."

Mark Monahan, executive director of RBC Bluesfest, said presenting a diverse lineup of talent is just one of the main components to ensuring people have a great overall



Alessia Cara. GETTY IMAGES

festival experience.

"People's experience is not always based on the music, it's based on a lot of other things," he explained.

"We've made efforts over the last few years to create that experience for people. Things like private wash-



Duran Duran. GETTY IMAGES

rooms, places to sit, a variety of food offerings, a place to go if they want a nice glass of wine — all of those things are important," he said.

"It's one thing to sell the ticket, it's another thing to get people to say, 'I'm glad I bought it.'"

RBC Bluesfest

When: July 7-17

Where: Lebreton Flats

Tickets: Day Pass | \$51.50 to \$61.50

Full Festival Pass | \$231

Pick-3 Pass | \$119

Pick-5 Pass | \$159

(plus HST and fees)

+ DAILY PICKS

RBC Bluesfest Executive Director Mark Monahan's daily picks

Friday, July 8
Tal Wilkenfeld
Tallest Man on Earth
John Németh
Harrison "Sweet Taste" Kennedy
Noel Gallagher's High Flying Birds

Saturday, July 9
The Cult
The Lumineers
Tor Miller
Jeff Ross

Sunday, July 10
John Fogerty
Thomas Rhett
JD McPherson
Archer
Wild Child
Yukon Blonde

Wednesday, July 13
Jack Broadbent
Brad Paisley
Alessia Cara
The Decemberists
Half Moon Run

Thursday, July 14
The Monkees
Lindsey Stirling
Pup
AWOLNATION

Friday, July 15
Red Hot Chili Peppers
Coleman Hell
Jack de Keyser
Zeds Dead

Saturday, July 16
Duran Duran
Future
Nelly
Wolf Parade
Cashmere Cat

Sunday, July 17
City and Colour
Bryan Ferry
James McMurtry

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Movement with a modest outlook

CITY AND COLOUR

Decorated artist humble even after another album hits top spot

Keith Carman

If there was an award for humility, chances are it would end up in the hands of singer-songwriter Dallas Green. It would be yet another decoration on the revered artist's spotless legacy.

However, it's Green's overt humbleness that keeps his melodic acoustic/folk/rock alias City and Colour enduring, racking up a lengthy history of accolades, awards and a dedicated fan base.

Even with latest full-length *If I Should Go Before You* (Dine Alone Records) debuting at the top spot in Canada and joining the likes of Drake, The Tragically Hip and Sarah McLachlan as the only performers to ever rack up consecutive dates at Toronto's massive Molson Can-

adian Amphitheatre (capacity: 16,000), the St. Catharines, Ontario-born minstrel prefers to keep his feet firmly planted.

"As much as things have been good, I still just play my guitar and keep my head in the same place I was as a kid: writing songs on the guitar and trying to sing them as best as possible," Green admitted, shrugging off extreme praise.

"If you get too caught up in the idea of what's happening, maybe your perception of how you approach things will change ... as much as I perform in front of people, I'm not doing it for the adulation or applause. I can't think I'm more important than anyone else. It's harder — and a lot more work — to be a rock star or whatever those guys are," he smiled. "Being a diva and making sure everything's right? No thanks."

To that extent, Green does admit that the majority of City and Colour — and by default *If I Should Go Before You* — is entirely introspective, something he is still surprised at when hearing how deeply fans connect with his work.

"I literally just write these songs about myself, mostly,

+ IN CONCERT

City And Colour

When: Sunday, July 17, 9:45 p.m.

Where: City Stage

Occasionally it's an idea I've thought of but most of them are about my personal life or my way of expressing how I'm feeling. That many people have been able to relate to these songs about my own life, hold on to it and take it as their own? I'm very lucky and I understand that."

"If I were to go tomorrow, I'd be OK with it. That's where the title of the record comes from, actually ... I've done so much more than I ever thought I was capable of. I realize I stick to a couple of pretty grand life ideas, singing a lot about love, life and death which ties us all together but I'm still surprised people show up," he chuckled.

Constantly changing

Despite admitting his songs are enveloped in general themes, Green asserts that musically, City and Colour is constantly



City and Colour frontman Dallas Green feels he's lucky to be writing music. ALYSSE GAFKJEN

changing. In typical fashion however, he is modest about acknowledging that appeal.

"I've been lucky that each

album has changed or evolved and people have come with me. It's refreshing that people understand the next album

won't sound like the one before it. I think as long as the core is there, people are willing to travel with me."

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New record, new producer, new era for the Chilis

THE GETAWAY

Legendary group brings in Danger Mouse for new release

Jen Traplin

More than 30 years after forming, it seems the Red Hot Chili Peppers have entered yet another new era with its 11th studio album *The Getaway* (Warner Bros. Records).

After working exclusively with Rick Rubin since the late 1980s, the band brought in producer Brian Burton, a.k.a. Danger Mouse, for this record, released last month.

Frontman Anthony Kiedis

credits Burton for not being afraid to push him — in a good way.

"I didn't mind that he didn't like some of our music. That made me feel confident, actually; at least I knew that I was getting the truth of how he felt about it. He wasn't sugar coating it or afraid to say when something could be better," Kiedis explained.

Burton's more modern approach to recording, adds bassist Flea, was vastly different than what he refers to as Rubin's "old fashioned" way of doing things — jamming out tunes in rehearsal and then laying the tracks down live in the studio.

"Brian comes from more of a hip-hop background where he's used to piecing things together in the studio and he really wanted us to try writing some stuff like that. It was just a different creative process more based on building a song piece by piece in



The Red Hot Chili Peppers released their new record *The Getaway* in June. STEVE KEROS

the studio," said Flea.

While Burton's influence is an important part of this new chapter in the story of the Red Hot Chili Peppers, Kiedis, Flea and drummer Chad Smith all agree that guitar player Josh Klinghoffer also has a lot to do with it.

Klinghoffer joined the group in 2009 when long-time guitar player John Frusciante announced his amicable departure. Smith says, with this being Klinghoffer's second album as a member of the band (after 2011's *I'm With*

You), things are starting to feel more cohesive.

"Josh cares deeply, he's a dedicated musician and he's a big part of this album," Smith said.

"When John left, we hired Josh, and we had never played a show with him and we went right in to make an album and then we started touring it — we hadn't really established a language with him yet," added Flea.

"It's a new era with really Josh coming into his own and us establishing a language with

him as well."

The exact same thing happened with Frusciante, Kiedis explained. When he joined the Chili Peppers, they made Mother's Milk, which he nonchalantly refers to as "a decent record," while album number two with Frusciante was the monstrous *Blood Sugar Sex Magic*.

"That's what we had to go through with Josh," said Kiedis.

"With *The Getaway*, it's definitely exactly what we wanted to do. We said what we wanted to

say; we figured out how to work together, we found a producer that worked best for these guys at this point in time. It feels like it's as good of a record as we've ever made."

+ IN CONCERT

Red Hot Chili Peppers
When: Friday, July 15 at 9:30 p.m.
Where: City Stage

The Cult today as gripping and vital as ever

It's the dawning of a new era for legendary rockers The Cult.

Churning out inimitable rock since 1983, latest effort *Hidden City* (Dine Alone Rec-

ords) finds the British outfit shattering preconceived notions about just how much fire this quintet has after 10 albums ... let alone where that blaze is heading.

"It's so easy to pigeonhole (us) as a one-dimensional rock band relying on riffs and muscle to make a point but The Cult is lesser-known for trying to reach for something more," asserted lead vocalist Ian Astbury.

"With all of our records, there have been songs with

different textures. This record was really about taking different influences and looking at different instruments."

Incorporating diverse elements such as piano and symphonic embellishments into tracks like *Deeply Organized Chaos* and *Sound And Fury*, while still gritting teeth via rabble-rousers including *Dark Energy* and *G.O.A.T.*, Astbury is confident that today's Cult is as gripping and vital as ever. Possibly more so.

"We've never rested on

past laurels. We've always pushed it. We've managed to keep people with us for a while.

We might have lost (some) people with certain records when they're attached to something emotionally — and that's cool — but for us it's about keeping creative. It can be gruelling but once it all comes together, it's intoxicating. There's nothing like it."

Noting that *Hidden City* heralds, "a new beginning

and all possibilities," for the band thanks to its range and comfort with its creativity, Astbury sees many frontiers opening up for The Cult.

"This is conclusive ... We can do anything we want now. We've paid our dues. We're free creatively and artistically.

We can create an opera or an electronic record; solo records. It's an exciting time for us to know that we don't have any restrictions."

KEITH CARMAN



The Cult. TIM CADIENTE

+ IN CONCERT

The Cult
When: Saturday, July 9 8 p.m.
Where: Claridge Homes Stage



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Carson Downey formed The Carson Downey Band in the mid-'90s. The band graces the Black Sheep Stage at Bluesfest on July 10. CONTRIBUTED

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Blues is what the Carson Downey Band does

AWARD WINNING

East Coast band has earned a reputation for its live shows

Jen Traplin

"How's the weather up there?" asked East Coast blues man Carson Downey when reached over the phone at his home outside of Halifax last month.

When I replied that, for the most part, the weather in Ottawa had been lovely, Downey said he's heard a different forecast.

"You guys got a hurricane coming your way, don't ya? Yeah, it's Carson Downey," he deadpanned before letting out a hearty chuckle.

He's referring, of course, to his performance at RBC Bluesfest.

While Downey may not actually produce gale force winds, he's certainly earned a reputation over the last 20 years for his live show.

"When I do what I do, I give it my all every night. I love playing the blues," he said.

Downey formed The Carson Downey Band in the mid-'90s and, not long after that, thanks to a chance encounter with the president of Toronto-based Loggerhead Records, Andrew McCain, signed a record deal and released the band's debut album, All

The Way.

That record led to a number of awards and accolades, including the fender East Coast guitarist of the year in 2000.

The following year, The Carson Downey Band won two East Coast Music Awards for best blues group and best new artist, while also picking up prizes for drummer of the year and best new artist at the Maple Blues Awards.

At the 2001 African Nova Scotian Music Awards the band also picked up two honours: artist of the year and album of the year.

Although the band was dropped by the label, Downey's passion and enthusiasm for playing the blues remains to this day.

"I've still been doing me. I've been out there, leaving it all out on the stage each and every night, just performing. That's just what I do and it hasn't changed nothing for me."

"What you see is what you're going to get from the Carson Downey Band, which is just hard funk-rock and blues. I leave it all out there — that's just the way it's supposed to be done," he said.

"I give it my soul, I wake up for this. It's a part of me."

+ IN CONCERT

The Carson Downey Band
When: Sunday, July 10,
5 p.m.
Where: Black Sheep Stage

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Amanda Rheume won Aboriginal songwriter of the year at the 2014 Canadian Folk Music Awards. LEFT: SEAN SISK, RIGHT: JEN SQUIRES

Rheume reflects on highs and lows

HOLDING PATTERNS

New album dives into Métis singer's personal life

Jen Traplin

A lot has happened — both professionally and personally — in the three years since Ottawa based Métis singer-songwriter Amanda Rheume released her award-winning album *Keep A Fire*.

On top of earning Rheume the Canadian Folk Music Award for Aboriginal songwriter of the year in 2014, *Keep A Fire* (2013) was also nominated for a Juno Award in the aboriginal album of the year category.

Rheume has also spent a considerable amount of time over the last few years touring across Canada and internationally, and performed at the Governor General's Performing Arts Awards last month.

The highs have certainly been high but, for Rheume, the lows have been devastatingly low. Most notably, the death of her long-time friend, guitar player and beloved Ottawa musician, Fraser Holmes, last year.

"When he got sick and then eventually passed away, a lot of things just sort of came into really clear perspective. I had all these thoughts of 'we're only here for a short amount of time and I'm unhappy in these certain areas of my life. What am I doing?'," she said.

Where her previous record was more story-based and rooted in Rheume's family history, her new album, *Holding Patterns*, takes a deeply personal dive into the singer's own life and experiences.

"*Keep A Fire* was very much looking back into the past to learn about myself and where I come from and

I would say the logical next step after that is to get to myself and all the things that I've been going through and all the different patterns," said Rheume.

"*Holding Patterns* is definitely based on things that I've been doing over and over again and kind of saying, 'Okay, enough!'"

Through it all, Rheume says the most valuable lesson she has learned is that there is a real benefit to being honest and vulnerable, both in her music career and her personal life.

"For me, it makes me feel less alone but I think it makes other people feel like they're not just wandering through life alone — being able to put a voice to similar experiences," she said.

"I think that, on a personal level, just kind of being done with repeating unhealthy patterns. Instead of not being available for love, for example, welcoming that into my life."

+ IN CONCERT

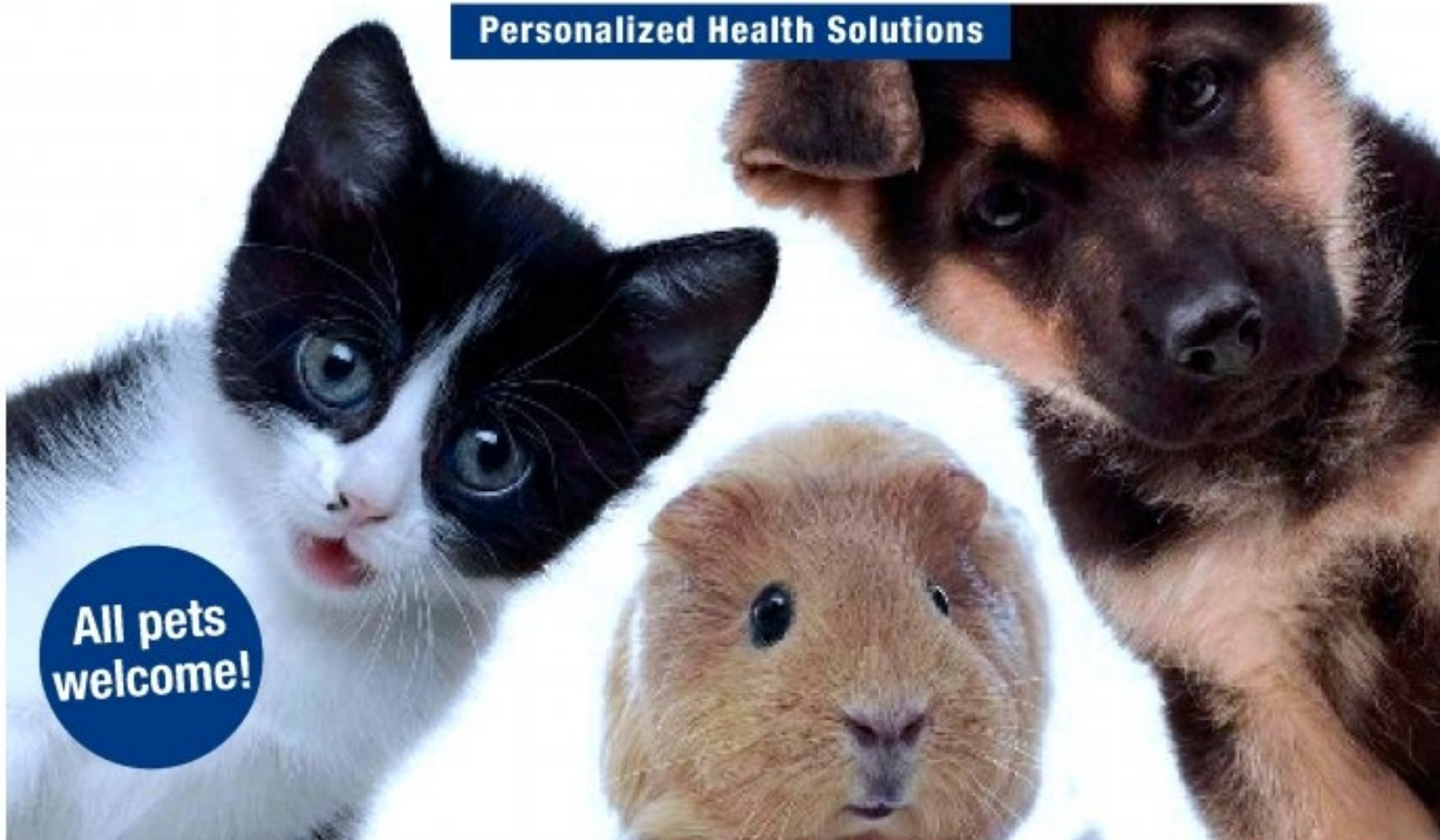
Amanda Rheume

When: Saturday, July 9, 8:30 p.m.

Where: Monster Energy Stage



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Like Christmas for this band

LIVE ACT

Yukon Blonde reminisces past Bluesfest shows and the festival's vibe

Steve Collins

As Yukon Blonde returns to Ottawa for its third Bluesfest, guitarist Brandon Scott still has vivid memories of their last appearance, in 2013.

"I'll never forget it. We got there, I think, the Sunday night, and Bjork was playing, so we were fortunate enough to catch her set, and oh my god, it was just mind-blowing," he recalled. "She had her full choir behind her singing and then she had a Tesla coil above her, which was blasting off and it was mind blowing watching this set."

The summer festival season is full of such moments for Scott and his bandmates.

"For us as a band, we look forward to it all year. It's kind of our Christmastime. And when



Yukon Blonde is working on a new album, which guitarist Brandon Scott, second from left, said is in the demo stage. OLIVIA JAFFE

writing songs, I think we keep in mind, yeah, this is going to be such a good live song and you kind of have that visual in your mind of festivals, where

you've got the outdoor vibe and people are there to have fun and let loose — and we really enjoy getting a crowd off."

The band has had countless

opportunities to do just that since the release of its 2015 album *On Blonde*, including a Canadian tour with Newfoundland darlings Hey Ros-

etta!, dates in Australia and a just-completed U.S. trip with Vancouver's The Zolas ("A live act that people should check out 'cause they are a wonder-

ful, wonderful band," attested Scott).

A follow-up album to last year's *On Blonde*, Scott said, is at the demo stage.

"We're really excited to get going," he said. "We've toured the hell out of this record. I know it's only been about a year but we're definitely ready to get some new material going, for sure."

That last crop of songs, though, still feels fresh to him.

"There's a song called Favourite People and we usually play it towards the end of our set because it's such a vamp-up," he said.

"Something about that song never gets old to me and it's always fun to play. I never really get sick of most of our songs, which is nice, you know, because you play them day-out and day-in."

+ IN CONCERT

Yukon Blonde

When: Sunday, July 10, 9 p.m.

Where: Monster Energy Stage



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 THE MONKEES <i>Good Times!</i> Thu, July 14, 7:00PM City Stage	 COLIN LINDEN <i>Rich In Love</i> Thu, July 14, 8:00PM Barney Danson Theatre
 DURAN DURAN <i>Paper Gods</i> Sat, July 16, 9:30PM City Stage	 PAUL REDDICK <i>Ride the One</i> Fri, July 15, 9:00PM Barney Danson Theatre with MonkeyJunk
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It's a Complicated Game

VETERAN MUSICIAN

Writing new songs not so easy for James McMurtry

Keith Carman

"After 25 years, people are finally starting to listen a little bit," half-jested folk/Americana rocker James McMurtry, shaking sleep from his eyes.

Rising early to tackle another day on the road, whilst making his way to a July 17 date with the RBC Bluesfest, the 54 year-old Austin, Texas jack-of-all-trades (singer/songwriter/guitarist and actor are but a few of his credits) is currently touring in support of 2015 studio effort *Complicated Game* (Complicated Game Records).

While the album has topped multiple charts and is praised by fans and press alike, McMurtry feels it's time for some fresh tunes.

"People seem to be digging (this album), so I must be doing it right," he added. "It's an odd time, though. I don't know why

the touring cycle for (2008 effort *Just Us Kids*) held up for so long. We just kept going until I had *Complicated Game* ready. Even this album got a lot of critical acclaim but the cycle is coming to an end already. We're running out of road and need to get something new out."

Easier said than done, however. Not only does criss-crossing the globe impact McMurtry's ability to hunker down and write, but as he candidly pointed out, sometimes finding one's muse isn't so easy.

"I'm kind of picking at it. I've always (written) one line at a time, one song at a time. It's a challenge; homework. I hear a couple of lines and a melody and think, 'Who said that?' I envision the character who might have said that. Most of my songs are fictional from the point-of-view of fictional characters."

"From the character, I get the story, working backwards," he continued. "If I can get that story into a verse/chorus structure, maybe I can make a song out of it. The challenge is that if I really like the line, I have to have a song to put it in. If I'm lucky, I'll get a couple more cool lines to put in that people

IN CONCERT

James McMurtry

When: Sunday, July 17, 9:30 p.m.

Where: Monster Energy Stage

remember."

Working with bandmates Daren Hess, Cornbread and Tim Holt, McMurtry admitted that while the process is slow this time around, he is starting to feel the heat. Multiple changes in the music world — downloading being the largest culprit — have forced acts to reconfigure both the way they utilize albums and how to earn their keep.

"In the old days, we used to tour to promote record sales. Now it's upside down. We put out records to advertise tour dates. We make our living off the road now...In the '80s and '90s, I earned my keep on the road so when (music downloading) flipped the industry on its head, guys like me were well-prepared. We know how to tour inexpensively and for a long time. We're a club act...we can keep our crew on two axles."



James McMurtry muses on his next album, while touring his current one. MARY KEATING-BRUTON

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PUP keeps it polite with Canadian-style mosh pits. VANESSA HEINS

PUP go the punksters

No matter how you slice it, punk attitudes are cyclical. While Toronto punk group PUP specializes in the party punk rock scene, it still embraces the idea of sticking it to the man — or woman in this case.

The Dream is Over (Royal Mountain Record), the sophomore effort to 2014's self-titled album, represents more than just a great Canadian punk album. The band is looking to prove everyone wrong who thought it couldn't succeed — including the doctor who told lead singer Stefan Babcock the exact phrase the record is named after, in reference to vocal cord problems he suffered back in 2015.

"We decided to call the record, The Dream is Over despite that being the diagnosis," gloated Babcock. "It was disheartening, but it really made me want to stick it to her. I was so stoked to put a CD and send it to that doctor, just because I feel like it's a huge middle finger to her."

Even with all of the adversity, PUP never felt the pressure of creating the sophomore effort. Coming off a banner few years full of Juno nominations, Prism prizes, and sold out shows across the globe, the band took the new found publicity in stride.

"When we were making the first record, we had no clue if people were going to hear the

+ IN CONCERT

PUP

When: Thursday, July 14, 6 p.m.

Where: Monster Energy Stage

music we're making or not. So there is an element of knowing that, no matter what, 50,000 people were going to listen to this record."

And people have listened. PUP has banked multiple Billboard accolades for this release, which focuses on a harder, heavier sound than the last.

As for PUP's stage show, expect something rowdy — especially in the mosh pit. Described as a manic and disorderly, PUP has developed ways to ensure that all who participate leave safe and happy.

"The 'Canadian Mosh Pit' is like a normal pit, except for every time you touch someone you have to apologize," explained Babcock. "It kind of settles things down and gives the show, for at least that one song that we do it for, a different kind of atmosphere."

PUP aims for concertgoers to leave sweaty and gross, but with giant smiles on their faces, and no injuries. **NICOLE IRVINE**

CAREER BOOST

Tal Wilkenfeld is finally ready to embrace her meteoric rise

Nicole Irvine

'Prodigy' can be perceived as a term with baggage. It comes with an immense amount of pressure, sometimes becoming the main source of identity for an artist. Bassist and transitioning singer-songwriter Tal Wilkenfeld, who has frequently been referred to as music prodigy, is choosing to reject the term.

"I only started playing guitar when I was 14, so I would consider myself late to the instrument," she said. "I think people describe me in those terms because of the short amount of time it took me to get from picking up the instrument for the first time to playing on these big stages with these legendary people."

Just 29 years old, Wilkenfeld has experienced a career trajectory that some musicians only dream about. After moving to the United States from Australia at the age of 18 to cultivate her guitar and musical

+ IN CONCERT

Tal Wilkenfeld

When: Friday, July 8, 8:15 p.m.

Where: Black Sheep Stage



Singer-songwriter Tal Wilkenfeld has worked with some of music's biggest names. TIMOTHY WHITE

skills, she experienced a surge of opportunities.

She has worked with some of the biggest names in music — including The Allman Brothers Band, Tom Petty, Leonard Cohen, Bryan Adams and Jackson Brown.

"I have been blessed with the ability to pick the brains of many songwriters that I admire," Wilkenfeld said. "The primary person that has advised me countless times is Jackson Browne. And he's really mentored me through this whole album and my evolution as a songwriter. We've

discussed my choices as a songwriter, and talked about how I want to say what I want to say."

Currently, Wilkenfeld is working on her debut album as a singer-songwriter, with the assistance of a successful pledge campaign for funding — creating something that will surely surprise lots of people.

The debut single, Corner Painter, showcases a style that echoes on the new album — highlighting ensemble pieces, combining voice and guitar with woodwinds & orchestras.

"I've never felt more driven in my life, honestly. I've



I've never felt more driven in my life

Tal Wilkenfeld

gone through phases where I've only wanted to play bass with people and really didn't want to be the frontman in anyway. I just wanted to hide in the corner and play bass," Wilkenfeld reflected.

"I'm finally ready for the responsibility of presenting my voice to the world."

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Sweet on making music and maple syrup

Randelle Ashley and James Walters of the Jimmy Tri-Tone Band release their first album, *This Long, Lonesome Highway*, on July 19, but you can pick up an early copy at Bluesfest. SANDRA WHITE

BEYOND INDY

The Jimmy Tri-Tone Band takes being self-sufficient to next level

Steve Collins

There are independent, DIY bands, and then there's the Jimmy Tri-Tone Band.

James Walters and Randelle Ashley, partners in everything, co-write their songs in the wooded isolation of their White Lake home, book most of their own shows — some 150 last year — and jury-rigged James' one-man-band-style drum kit piece by piece. ("I was always stomping my foot [when playing guitar], so I thought I may as well put a kick drum under it," James said, is how that started).

They even make their own maple syrup, which they sell at shows, along with hemp bracelets, homemade, of course.

"We just use buckets, it's nothing fancy," Randelle said of their sugar bush. "I think we had, I don't know, maybe 50 taps this year. This year was a crazy year, I guess they set records with the sap, and we couldn't keep up, we couldn't boil it fast enough, because we were just doing it over a fire. We've still got a ton of syrup and we just love doing it, it's so much fun."

The crowd at Bluesfest may or may not get a taste, because they've temporarily run out of bottles, but they'll be proudly serving up their just-completed album, *This Long, Lonesome Highway*.

The stubbornly self-sufficient musicians, from Almonte, Ont., gratefully acknowledge the help they received with the album at Shoebox Recording Studios in Kanata.

"Those guys are fantastic at what they do, for sure. Really

IN CONCERT

The Jimmy Tri-Tone Band
When: Sunday July 10, 4:30 p.m.
Where: Black Sheep Stage

good ideas," said James; "They get us," concurred Randelle.

The writing and recording process also brought new life to some half-forgotten songs.

"We actually brought back a couple of songs that we hadn't played in almost a year," Randelle says. "Waiting is an older one that I don't know how many people would have heard at our shows. We didn't play it very often at all, but now it's our favourite."

They're also thankful for a slot in February's Megaphono festival, which helped them get noticed and added to this year's Bluesfest lineup.

"We're excited," Randelle says. "It's going to be amazing, and it's the same day as John Fogerty, so that's really cool too!"

YOUNG MUSICIANS

Kids wanna Be in the Band, too

A pilot project launched six years ago aimed at bringing together young musicians has quickly grown to become a valuable and permanent fixture for the Ottawa Bluesfest organization.

Be in the Band places kids (ages 11 through 17) together in bands that then work together for the duration of the program.

The rising stars all take part in weekly practices with a local professional musician or mentor and learn how to play a few rock songs, which they'll perform for friends and family at a special community show this month.

Instruments needed

To continue to support its Be in the Band initiative, the Ottawa Bluesfest organization is calling on the community to donate instruments.



Be in the Band performers at RBC Bluesfest. CONTRIBUTED

Instruments can be dropped off at the RBC Bluesfest head office (450 Churchill Ave.) during

regular business hours. For more, go to ottawabluesfest.ca/community. JEN TRAPLIN

EMERGING TALENT

She's the One seeks rising stars

While the RBC Bluesfest lineup always boasts an impressive variety of mainstream acts, festival organizers are sure to make lots of room for rising stars as well.

"As much as the festival is about big names, it's also about emerging talent and recognizing up and coming and local artists," said RBC Bluesfest Executive Director Mark Monahan.

One of the ways Bluesfest does this is through the She's the One competition, which is open to women and girls (ages 13 through 21) from across the country. The top 10 entries will be flown to Ottawa to perform and compete during this year's festival.

The winner of She's the One will earn an impressive prize aimed at giving them a healthy kickstart to their young musical career.

RBC Bluesfest has teamed up with Universal Music Canada to work with the winner to produce



She's the One 2014 winner Emma Peckford. CONTRIBUTED

a song for a worldwide release. All expenses — including recording, production and travel costs — will be covered.

"It's a chance to create some

interest around young artists and then to try and get them on the right footing to maybe create a career in music," Monahan said.

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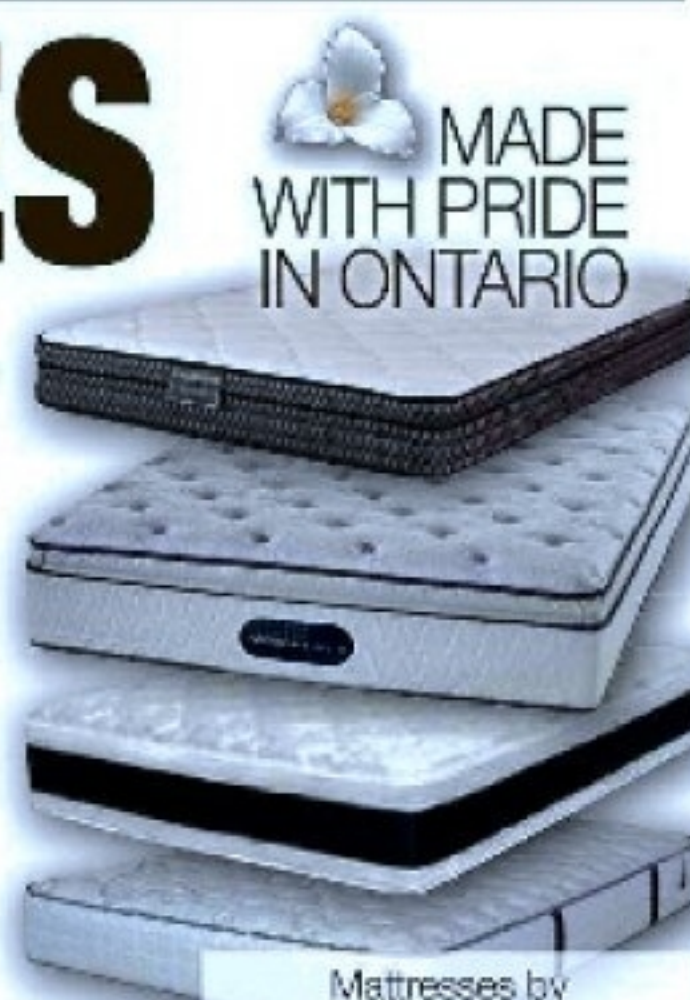
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Let's crush it at the wedding, bro!

MIKE AND DAVE

Zac Efron now carries bromance genre torch

Richard Crouse

For Metro Canada



I have a brother but he's not my bro, at least not by the contemporary definition.

My sibling and I are biologically brothers but neither of us fall into what the NPR Codeswitch blog described as the four rudimentary characteristics of "bro-iness"—jock-ish, dudely, stoner-ish and preppy.

There are as many ways to define bros and brahs as there are bros and brahs at your local frat house.

Oxford Dictionary writer Katherine Connor Martin sums it up simply as "a conventional guy's guy who spends a lot of time partying with other young men like himself."

The urban dictionary isn't quite as elegant, describing bros as "obnoxious partying males who are often seen at college parties... (standing) around holding a red plastic cup waiting for something exciting to happen so they can scream something that demonstrates how much they enjoy partying."

This weekend Zac Efron and Adam DeVine play brothers who are also bros in *Mike and Dave Need Wedding Dates*.



Adam Devine and Zac Efron are the bros of the hour in *Mike and Dave Need Wedding Dates*, which opens this weekend. HANDOUT



MOVIE RATINGS by Richard Crouse

The Secret Life of Pets	★★★★
Mike and Dave Need Wedding Dates	★★★
Eat That Question: Frank Zappa in His Own Words	★★★★

HOW RATING WORKS
★★★★ SEE IT
★★★ WORTHWHILE
★★ UP TO YOU
★ SKIP IT

Based on the real-life exploits of Mike and Dave Stangle, the guys get out-broed

at their sister's Hawaiian wedding by broettes Tatiana and Alice (Aubrey Plaza and Anna

Kendrick).

In real life Mike, Dave, Tatiana and Alice are the kind of people it might be fun to hang out with before 10 o'clock at night, before the tequila shots and samplings from the mystery medicine cabinet have taken effect. After that, all bets are off.

Luckily in *Mike and Dave Need Wedding Dates*, like so many bro movies before it,

the screen separates us and we can sit back and observe them like cultural anthropologists, as if we're studying animals in a zoo.

Hollywood has long had a bromance with bros.

Lately in movies like *Neighbors* and *Dirty Grandpa*, Efron has made a career of playing dim-witted frat boys but to find the proto bros you have to go back to 1940.

Starting with *Road to Singapore*, Bob Hope and Bing Crosby cocktailed and ad-libbed their way through seven *Road* movies playing two slightly skeezy men with boatloads of bravado and an unbreakable bond—at least until love interest Dorothy Lamour showed up.

National Lampoon's *Animal House* was the next landmark of bro-cinema.

From toga parties to food fights and doing *The Worm* on the dance floor, it's a politically incorrect classic that celebrates the best and worst of bro culture.

A 1996 movie gave us the bro with a million catchphrases like "Vegas, baby," "wingman," "beautiful babies" and "you're so money." As Trent in *Swingers*, Vince Vaughn gave a voice and vocabulary to a generation of bros. Jon Favreau wrote the script but many of the sayings came directly from the lips of his best friends and co-stars Vaughn and Ron Livingston.

No look at bro-cinema would be complete without a nod toward Will Ferrell. The comedian has broed out on screen many times but *Old School's* Frank the Tank, a character who unravels after his wife leaves him, is King Bro.

When he's not doing beer bong hits ("Once it hits your lips, it's so good!") or streaking, he lets his freak flag fly as one of the most over-the-top bros ever seen on screen.

Dean Wormer's classic scolding from *Animal House*, "Fat, drunk and stupid is no way to go through life, son," doesn't seem to apply, at least to the genre of bro movies.



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SWISS ARMY MAN

Movie's gross premise makes for engrossing experience

Richard Crouse
For Metro Canada



Swiss Army Man, the story of a marooned man and his dead buddy's journey back to civilization is a tale of friendship and what it means to be alive, — really and truly alive.

The easy thing would be to describe the new Daniel Radcliffe, Paul Dano two-hander as Cast Away meets Weekend at Bernie's, but that doesn't grab the poetic essence of what the film is trying to achieve.

"We make our movies for ourselves and we wanted to surprise ourselves into learning something and feeling something," says Dan Kwan, the film's co-director and co-writer.

Kwan is half of Daniels, his directing collective with part-



Actor Paul Dano and director Daniel Scheinert on the set of Swiss Army Man. JOYCE KIM/COURTESY A24

ner Daniel Scheinert. The duo came up with the idea for Swiss Army Man after directing a series of innovative, internet-breaking music videos like DJ Snake and Lil' Jon's Turn Down for What (35 million views and counting).

"We've been working together since 2009 and kind of discovered this movie as much as

we wrote it," says Scheinert. "We have very different filmmaking processes but very similar tastes. As we work together certain stories started to reveal themselves.

"It's kind of autobiographical about the two of us. That's a joke answer but it is also kind of true. Certain jokes would make us both laugh. Some-

where in that stew of us becoming friends a movie about two guys becoming friends came out. The signature image of a man riding a corpse's farts across the ocean came out somewhere in there. The relationships with all the crew that made this movie also inspired the movie. We met our DP and our production designer

and wrote a movie that played to their strengths."

With a premise Monty Python might have rejected as too silly, Swiss Army Man uses the relationship between its characters to shed light on everything from stifled machismo and loyalty, to unrequited love and the need for compassion.

"The overall meta joke was, let's make a farting corpse movie but let's make the most personal movie we can," says Kwan. "If people are connecting to it they're connecting to us pouring a lot of ourselves into it."

"Dan keeps saying this movie breeds a strange kind of empathy," adds Scheinert. "One of the goals was to tell the most unlikely love story. We knew Farting Corpse and Daniel Radcliffe would be viral. Cool, but if we can make you really care

about that farting corpse, what a cool achievement. If we can do that, what can't you care about?"

"You can walk out of the theatre and it will be real hard for you to find someone you can't empathize with once you have just fallen in love with a farting corpse," Scheinert says.

Reviews have ranged from rapturous ("Hilarious, deranged, and always alive with possibility.") to rotten ("ridiculously infantile") but the Daniels are unfazed by the reaction.

"Even some of the bad reviews were sweet and complimentary," says Scheinert. Mostly they just want people to see the film.

"I hope people go to a theatre and watch it with strangers because even if they hate it they'll have a really memorable experience."



The overall meta joke was, let's make a farting corpse movie but let's make the most personal movie we can.

Dan Kwan, co-director and co-writer

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DOCUMENTARY

Daughter brings iconoclastic musician to life

Richard Crouse
For Metro Canada



Moon Zappa, daughter of the late, great musician Frank Zappa, says: "Growing up I hated sharing him with the fans."

Or anybody else it seems.

"I once brought him to show-and-tell when I was in third grade," she says. "I was so excited to share my dad with the class. Then he spent the whole time tickling all the other children. I was furious but they loved it."

Maturity has brought a different perspective, and now the 48-year-old is sharing her life and her iconoclastic father with the world as she helps promote a new documentary that covers his creative life and times.

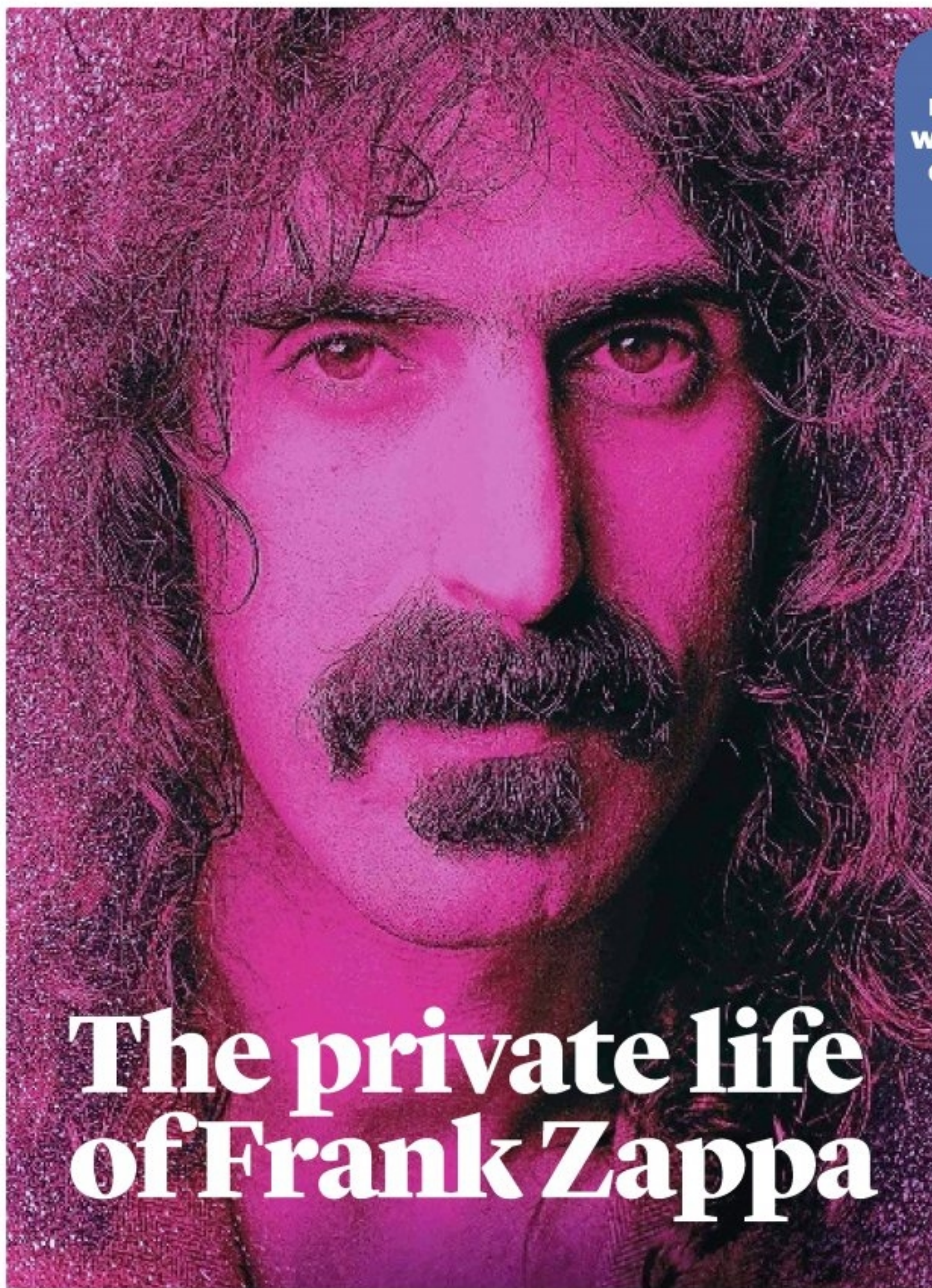
Eat That Question: Frank Zappa In His Own Words uses a collection of archival interviews and television clips to paint a word portrait of Zappa sans any context, voice-over or other documentary tricks.

"He did speak to the underdogs and he did illuminate many minds," says Moon. "You have a little taste of him and you want more. You want to have him all to yourself and I certainly had that feeling. Now I like sharing those stories but at the time I thought I really want him all to myself."

By the end of Eat That Question's running time, a picture has been painted of a man who self-describes himself as a freak and a conservative, a family man and an out-of-the-box musician who played by his own rules.

"He definitely had a regular life," says Moon, the oldest of four Zappa kids. "He was a quiet, shy man who thought he was ugly, who couldn't cook, who deflected with humour and who couldn't really have a confrontational conversation. He always struck me as a Sicilian patriarchal kind of parent. As an adult I went, 'Of course that is ridiculous. Of course he had this other life.'"

"For example, I knew he had cheated a few times, but I didn't realize the magnitude of the cheating. From one perspective it's a fantastic rock 'n' roll perk, but for a daughter it feels



He was a quiet, shy man who thought he was ugly, who couldn't cook, who deflected with humour.
Moon Zappa



pretty crappy to have a cheater dad. That is something I am reconciling. I also have tremendous respect for him but it's all so confusing."

Moon, formerly known as Moon Unit, tasted her father's fame as the "grody to the max" vocalist of Frank's Top 40 hit Valley Girl, but says she craved a normal life.

"I longed for structure," she says. "When I saw John Hughes films I was, 'Wait! People sit at a dinner table? Wait! People say sorry?' Even to this day when I see somebody with a sweater draped over their shoulders, or a loafer or an exposed ankle, I'm like, 'That is so exotic.' I think if I had grown up in the repression my father encountered I would also have put two rocket boosters on my back, but growing up like that was too much. It was like fastball pitches every single minute."

The elder Zappa was a complex man, but Moon says Eat That Question "is exactly how I wish the world could perceive him."

"This one for me really tells the story of my father answering his calling and the stamina required to see a dream through. That is a human story. That's why I think his story connects on a human level. It's universal."

COMICS

Vader has workday woes in new series

Mike Donachie
For Metro Canada

Darth Vader's had a bad day at work, and he's in trouble with his boss.

That's the idea behind this great little series, which thrilled readers in monthly comics and this week has its first 12 episodes collected in a hardcover for the first time.

It starts right after the events in Star Wars IV: A New Hope, when the Rebel Alliance

have hit that target and blown the Death Star (this is the first one) into oblivion. The Emperor is less than thrilled, and calls Vader in for a meeting in his office. It is not pleasant for the wheezing, black-clad employee.

So, given a new mission, Vader is sent away smarting. But he has his own secret plans, having felt the presence of Luke Skywalker.

This book's pure entertainment, with Boba Fett, Jabba the Hutt and more. The new creations are perhaps the best

+ DETAILS

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fun, especially the droids Triple Zero and BeeTee, who may look like protocol and astromech models but are far more murderous.

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5 WAYS TO GET YOUR EUROPE FIX IN CANADA

Can't travel across the pond this summer? Whether you're craving nature, culture or old-world charm, it's possible to find a slice of Europe right here on Canadian soil. Here are six options for your next 'European' vacation. **VAWN HIMMELSBACH/FOR METRO**

Stratford-upon-Avon?

Then head to: Stratford, Ont.

Both are known for: Shakespearean theatre scene

Europe: Picturesque Stratford-upon-Avon, set in England's Warwickshire countryside on the banks of the River Avon, is the birthplace of playwright William Shakespeare. Hundreds of years later, it retains this legacy with the Royal Shakespeare Theatre.

Canada: Stratford was named after Shakespeare's birthplace and it's become a well-known arts hub. From April to October, it hosts the annual Stratford Festival, celebrating Shakespearean classics and new works from Canadian playwrights. Plus, it's a pretty town with well-preserved 19th-century architecture, set alongside its very own Avon River.



TORSTAR

Helsinki?

Then head to: Thunder Bay, Ont.

Both are known for: Rugged wilderness, midnight sun and saunas

Europe: Finland is a densely forested country, with long, dark winters and round-the-clock sunshine in summer — and an estimated 2 million saunas.

Canada: Like Helsinki, Thunder Bay is surrounded by rugged wilderness — it's one of the reasons why Finns started settling here in the 1870s. It's now considered one of the largest settlements of Finns outside of Finland, where you'll find a Finn Festival. Head to the Hoito, a legendary Finnish restaurant for Finnish pancakes.



TORSTAR



ISTOCK

Paris?

Then head to: Quebec City

Both are known for: French culture

Europe: Paris is a cultural mecca, known for its art, fashion and cuisine. It's also home to cultural icons such as the Eiffel Tower, Louvre and Notre Dame Cathedral.

Canada: Language isn't the only similarity between these two cities. Quebec City has more than 400 years of history, earning it a place on UNESCO's world heritage list. Wander the narrow cobblestone streets lined with cafes, bistros and shops, with the smell of crepes wafting through the air, and you'll be transported to the Left Bank. Quebec City even has its own Seine (the St. Lawrence River) and Notre Dame Basilica.

Budapest?

Then head to: The Canadian Rockies

Both are known for: Natural therapeutic waters

Europe: Budapest is often referred to as "the city of baths," with more than 120 hot springs and a rich spa heritage dating back to Roman times. One of its most renowned public bathhouses is Széchenyi Baths, set in a palatial complex with thermal sitting pools.

Canada: The Canadian Rockies don't look much like Pest, but they're brimming with thermal hot springs and spa culture. Take to the waters at Banff Upper Hot Springs, where you can soak in soothing mineral water against a backdrop of alpine scenery. Miette Hot Springs, in Alberta's Jasper National Park, features the hottest mineral springs in the Rockies, ideal after a day of hiking. And Radium Hot Springs in B.C.'s Kootenay National Park offers expansive hot springs.



TORSTAR

Scotland?

Then head to: The Okanagan

Both are known for: lake monsters

Europe: Loch Ness is a large, deep loch in the Scottish Highlands — so deep, in fact, that its resident lake monster, Nessie, has managed to elude tourists and locals alike for decades.

Canada: While the Okanagan is more desert than highlands, it has its own lake monster. Even if you don't have any luck spotting the multi-humped Ogopogo, Lake Okanagan is a summer paradise.



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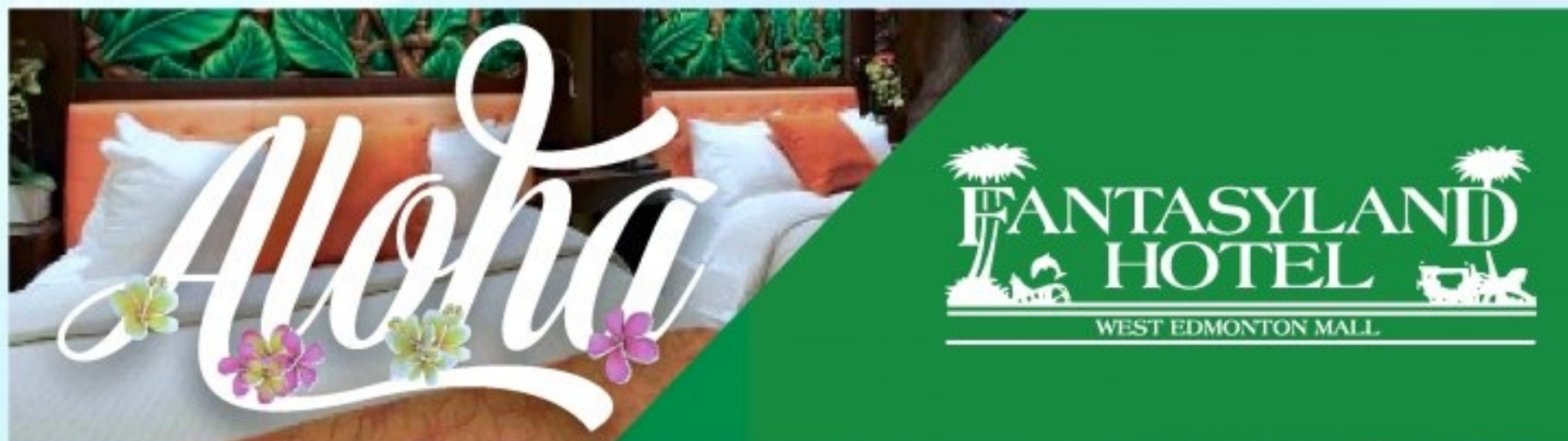
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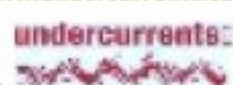
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EURO 2016

SEMIFINALS

France forward puts two past Neuer to send hosts to final

Antoine Griezmann scored twice as France beat world champion Germany 2-0 on Thursday to line up a European Championship final against Portugal.

Griezmann put France in front from the penalty spot in stoppage time at the end of the first half and then took full advantage of a German defensive blunder to score his second with a calm finish in the 72nd minute.

France reached its first final for a decade and is chasing its first major trophy since

Euro 2000. Germany missed its chance to add the European title to the World Cup it won in 2014. Griezmann has now scored six goals at Euro 2016 — twice as many as any other player at the tournament — and could have completed a hat trick on a break in the 86th but shot straight at goalkeeper Manuel Neuer.

"We're very happy," Griezmann said. "We have to keep our feet on the ground. We still have a match to go."

Germany had gone 50 years unbeaten against host nations at major tournaments, dating back to its loss to England in the 1966 World Cup final and encompassing a famous 7-1 humbling of Brazil in the 2014 World

Cup semi-finals.

While a repeat of the Brazil rout was never on the cards, Germany

"I really wanted to take a penalty in a big match like that. I was very composed, I didn't think twice."

Antoine Griezmann

could have scored more than once as it dominated the first half. But it was denied by poor shooting from Thomas Mueller, who ended his tournament scoreless, and a save by Hugo Lloris to block Emre Can's bouncing shot.

France took the lead from the penalty spot after Bastian Schweinsteiger handled the ball in an aerial challenge with Patrice Evra.

Griezmann stepped up to score, striking the penalty hard to Neuer's right.

"I really wanted to take a penalty in a big match like that. I was very composed, I didn't think

twice," Griezmann said. It was the second time in as many games that Germany had given away a spot-kick for handball. Jerome Boateng blocked the ball with an arm above his head in the quarter-final against Italy.

"It's just bad luck,

just an unlucky action," Germany coach Joachim Loew said of the penalty. "In a challenge, when you're jumping, there are movements that you can't really control."

Trailing in a match for the first time in the tournament, Germany could not recover its previous dominance after half-time. It then had to cope with losing key defender Boateng, who picked up an ankle injury after an hour.

The German defence had not conceded from open play all tournament, but it fell apart for Griezmann's second goal in the 72nd minute. A sluggish pass by Benedikt Hoewedes to right back Joshua Kimmich was cut out by Paul Pogba and Neuer could only palm away the midfielder's cross to Griezmann, who finished with ease.

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UFC

Jones denies doping amid positive test

Jon Jones has denied using any performance-enhancing substances after a positive drug test knocked him out of the main event at Saturday's UFC 200.

The UFC interim light heavyweight champion broke into tears at a hastily arranged news conference Thursday, a day after his rematch with Daniel Cormier was cancelled.

"I would never take anything that would enhance my game," Jones said. "Being labelled as someone who would ever cheat, it hurts me more than anything I've ever been through in my career."

Jones' manager, Malki Kawa, said the fighter was informed of a possible PED violation by USADA, which administers the UFC's anti-drug policy. Jones' backup sample will be tested by a lab in Utah, and Kawa hopes

to get the results later Thursday, although he has little hope the result will change.

Jones and Kawa declined to name the substance for which Jones was flagged, although Kawa said it "could be" related to a nutritional supplement.

Jones said he "can't even pronounce it. I've never even heard of it."

Jones said he has been taking the same supplements for most of his career, and he has no idea why his June 16 test would yield a violation after he passed seven other doping tests this year. Although Jones had endured numerous public

embarrassments due to his apparent use of recreational drugs, he has been a vocal opponent of performance-enhancing substances in mixed martial arts.

THE ASSOCIATED PRESS



I know some good will come from this, but right now it's hard to see it.

Jon Jones

IN BRIEF

Venus falls short of all-Williams Wimbledon final

Venus Williams' deepest Grand Slam run in a half-dozen years ended one victory short of what would have been yet another Wimbledon title match against her sister Serena.

Venus was broken in her first four service games Thursday and lost to No. 4-seeded Angelique Kerber 6-4, 6-4.

Earlier, Serena needed all of 48 minutes to overwhelm Elena Vesnina 6-2, 6-0 in what felt like a training session.

THE ASSOCIATED PRESS

Cards end slide and avoid sweep at hands of Pirates

Stephen Piscotty hit a three-run home run and Randal Grichuk also went deep to help the St. Louis Cardinals beat Pittsburgh 5-1 on Thursday to avoid a four-game sweep and end the Pirates' season-best seven-game winning streak.

Adam Wainwright (8-5) worked seven effective innings for St. Louis, which reclaimed second place in the NL Central by a half-game over Pittsburgh to end a rough 4-5 homestand.

THE ASSOCIATED PRESS

The beat goes on despite key injuries

CFL

Redblacks take 2-0 record into home opener against Stamps

An early rash of injuries, including a broken finger to star quarterback Henry Burris, has not been a problem so far for the Ottawa Redblacks.

The Redblacks will look to improve to 3-0 Friday night as they host the Calgary Stampeders (1-1) in its sold-out home opener at TD Place.

Despite losing its No. 1 quarterback and running back, the Redblacks have posted impressive road victories against Edmonton and Montreal. The Redblacks are also without receiver Jamill Smith who suffered a rib fracture.

Trevor Harris has been the driving force stepping in for the injured Burris, going 37-for-45 for a league-leading 687 yards and six touchdowns.

Harris is excited to take the field Friday night and is hopeful his recent success has been enough to turn the Redblacks faithful in his favour, seeing as they enjoyed booing him last season as a member of the Toronto Argonauts.

"It's going to be a little bit more comfortable," he said. "Instead of walking out and having people boo me and tell me I stink at football, it's going to be a little bit better this time, I hope."

The 30-year-old Harris made his first start of the season last week and led the Redblacks to a 28-13 win over Montreal, but he knows the Stampeders will offer a solid challenge.

"It's about re-starting the en-



Redblacks wide receiver Ernest Jackson, left, celebrates a touchdown with quarterback Trevor Harris against the Alouettes in Montreal on June 30. PAUL CHIASSON/THE CANADIAN PRESS

gine in terms of this week," said Harris. "We have a different game plan and (Calgary's) defence poses a brand new set of challenges for us and as a unit they're a very strong defence and they're not getting a lot of attention across the league and they probably like that, but they have our attention."

With running back Travon Van being added to the six-game injured list fol-

lowing the game in Montreal the Redblacks signed Nic Grigsby earlier this week. The 27-year-old will make his

Ottawa debut Friday night.

Grigsby has spent time playing in Winnipeg, Hamilton and Edmonton, but had been home working at his Kia dealership in Cape Coral, Fla., when he got the call from Redblacks general manager Marcel Desjardins.

"I've had different teams call, I've had opportunities, but I'm in a good state where I am back at home," said Grigsby. "I didn't need money. This here came along and it was an opportunity."

"I talked to my family about it and it was a good opportunity for me so it's going to be fun." THE CANADIAN PRESS



Nic Grigsby in November 2014. GETTY IMAGES

NHL

Kelly and Senators reunite

The Ottawa Senators have signed forward Chris Kelly to a one-year contract worth \$900,000 US.

Kelly returns to the team for which he began his career after playing his first 463 NHL games with the Senators. He registered 75 goals, 101 assists and 249 penalty minutes over that span and was a member of the 2007 Ottawa team that made the franchise's only appearance in the Stanley Cup final.

On Feb. 11, 2011, Kelly was traded to Boston in exchange for the Bruins' second-round pick

118

The number of goals Kelly has scored in 751 career NHL games.

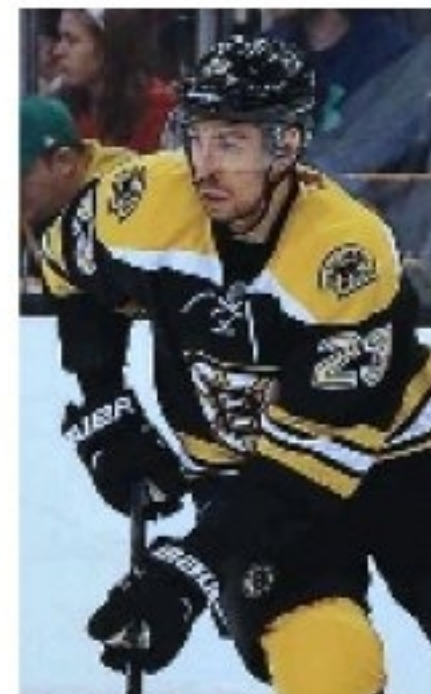
in the 2011 NHL draft (Shane Prince, drafted 61st overall). Over five-plus seasons with the Bruins, he recorded 101 points in 288 games.

Kelly won a Stanley Cup with the Bruins in 2011 and appeared

in the final when Boston was defeated by the Chicago Blackhawks in 2013.

"We are excited to welcome Chris back to Ottawa," Senators general manager Pierre Dorion said in a statement. "In our evaluation of our roster we felt that we needed to add another player with the ability to succeed in close situations and on the penalty kill. Chris will be able to contribute to both of those while adding another accomplished leader to our group."

THE CANADIAN PRESS



Chris Kelly GETTY IMAGES FILE



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RECIPE Fried Egg Sandwich with Avocado Basil Spread



PHOTO: MAYA VISNVEI

Ceri Marsh & Laura Keogh
For Metro Canada

The delicious avocado spread elevates this simple fried egg sammie to something special, which is what you deserve on a Friday night.

Ready in

Prep time: 5 minutes
Cook time: 5 minutes

Ingredients

- 1/2 avocado
- 5 basil leaves, torn into pieces
- 1 teaspoon lemon juice
- butter for pan
- 2 eggs
- salt and pepper
- 4 slices bread
- 1/4 cup shaved Monterey jack cheese

Directions

1. In a small bowl, mix avocado

until smooth. Stir in the lemon juice and pieces of basil. Set aside. Toast four slices of bread in a toaster oven or toaster. Remove and let cool.

2. Spread two slices with avocado mixture. Set aside.

3. Warm a skillet over medium heat. Add 1 to 2 teaspoons of butter and melt. Crack the eggs into the pan and season with salt and pepper. Cook until whites are nearly set then gently flip eggs. Allow to cook another minute and then remove from pan, placing one on each slice of bread without avocado spread.

4. Sprinkle the warm egg with cheese. Top with the slice of bread that has the avocado spread. Cut and serve warm and runny.

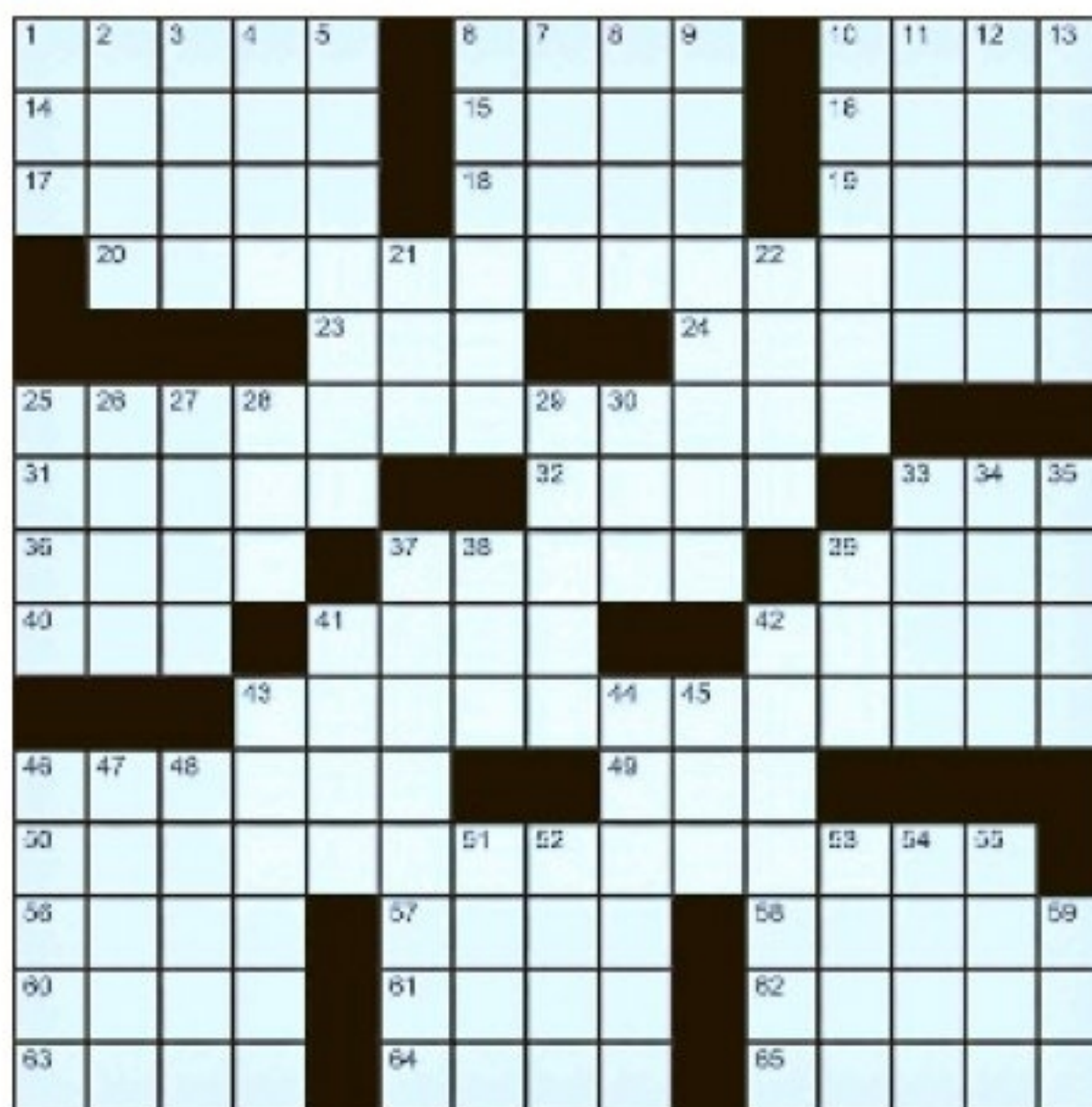
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Some chor-al voices
6. _-spa (Day-of-beauty destination)
10. First word in a pageant winner's title
14. Comb's one-of-some
15. Shakespeare's river
16. British comic actor Eric
17. Donny's showbiz sidekick/sister
18. Loaned
19. Horserider's strap
20. Bacteria and fungi
23. Triumph
24. Style of beard
25. The Mosasaur, a prehistoric marine reptile, is Manitoba's official what?: 2 wds.
31. Altercation
32. Sacred bird in ancient Egypt
33. 1984 Cyndi Lauper hit: " _ Bop"
36. Mr. Stonestreet of "Modern Family"
37. Baccarat call
39. Out
40. Abbr. with the date on a been-around-a-long-time company's sign
41. "Remember (Walking in the _)" by The Shangri-Las
42. Dish
43. PEI's provincial flower: 2 wds.
46. The _ (Famous street in London, England)
49. Criticize



50. In the Meat Loaf tune "...there ain't no Coupe de Ville hiding at the bottom..." of a what?: 3 wds.
56. Pig's utterance
57. Barbarian
58. High wave
60. Libertine
61. Pedicure focus

62. Rob
63. Spot
64. _ Terrier (Scottish dog breed)
65. " _ seen his face before..." - The Beatles, "A Day in the Life"

DOWN

1. Li'l money dispenser
2. Garden centre purchase
3. "Nobody Love" singer Ms. Kelly
4. 'Hypn' suffix
5. Big name in paint, _Williams

6. "Cheers" bartender Sam
7. At all?
8. Ding- _!
9. Etched plate printing process
10. Sister of Moses
11. That is, in Latin: 2 wds.
12. Green goo

13. Brains
21. Midnight _ (Australian band)
22. Denials/rejections, sometimes
25. Complimentary
26. Belonging to us
27. Annoyed mood
28. As written
29. Intellectuals
30. Telly-watcher's network
33. Give and take
34. Really, really don't like
35. Observer
37. Unrepaid loans: 2 wds.
38. " _ Day Now": 1962 Chuck Jackson hit
39. Austrian peak
41. What the Titanic famously did alas
42. Most rosy
43. Flunky
44. Slimly spread
45. _Megan-tic, Quebec
46. Project for Francis Lai or John Williams
47. Peter, Paul and Mary ...and others
48. Accumulated, as a restaurant tab: 2 wds.
51. Chess piece
52. _ Potter, played by Katie Holmes on "Dawson's Creek"
53. Tub
54. Arch type
55. Medical lab picture
59. Antiquity

*IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
This is a wonderful day to tackle home repairs or have important family discussions; on the whole, people are upbeat and positive. Nevertheless, a brief encounter with your boss might be another matter.

Taurus April 21 - May 21
Today you feel optimistic and hopeful for your future. This is good. Admittedly, responsibilities with children might be challenging.

Gemini May 22 - June 21
This is an excellent day for business and commerce. Look for ways to boost your income, because they exist. Meanwhile, be patient with Mom or an older female relative.

Cancer June 22 - July 23
Today you seem to be larger than life, which is why it's a good day to make overall plans for the future. Your mind is clear, sharp and ready for big ideas!

Leo July 24 - Aug. 23
This is an excellent day to do behind-the-scenes research, because you are in the right frame of mind. You believe you will find what you're looking for, which is why you will probably will!

Virgo Aug. 24 - Sept. 23
Group discussions and talks with clubs and associations will be positive today. Your enthusiasm will persuade others to endorse your ideas.

Libra Sept. 24 - Oct. 23
This is a strong day to talk to bosses, parents and authority figures. Don't listen to nagging second doubts that you privately might have. Just do it.

Scorpio Oct. 24 - Nov. 22
This is a great day to study something new. It's also a good day to make plans for publishing, the media, medicine and the law. Travel plans will be ambitious!

Sagittarius Nov. 23 - Dec. 21
Sit down with someone today to discuss shared property, inheritances, taxes and debt, because you will make strides in these areas. Everyone wants a win/win solution.

Capricorn Dec. 22 - Jan. 20
Relations with others are excellent today. People are interested in new information, because they are impressed with the power of positive thinking.

Aquarius Jan. 21 - Feb. 19
You will accomplish a lot at work today, because you are in a positive frame of mind. Briefly, you might be discouraged about budget restraints or shared equipment.

Pisces Feb. 20 - March 20
This is a wonderful day for social occasions, the arts, sports events and playful times with children. Be patient with a partner, because a few glitches might arise.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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